

GOULBURN VALLEY University of The Third Age
Incorporation Number A0016950Y (For active semi-retired or retired persons of mature age)

WE'RE ON THE WEB - www.gvu3a.com.au

September 2019

CONTACT DETAILS

GV U3A Hall:
Esson Street
Shepparton
Tel: 5821 3333

POSTAL ADDRESS:
P.O. Box 14
Shepparton 3632

◆**PRESIDENT**

Allan Wilson 0427 399 648
adwilson13@bigpond.com

◆**VICE PRESIDENT**

Jan Maude 0428 597 794

◆**SECRETARY**

Anne White 0438 202 799

◆**TREASURER**

Kerrie Midgley 0439 511 929

◆**COURSE CO-ORDINATOR**

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

◆**CATERING CO-ORDINATOR**

Sue Walmsley 0432 016 152

◆**HALL COORDINATOR**

Greg Barnes: 0438 569 611
dngbarnes@hotmail.com

EMAIL ADDRESS:

goulburnvalleyu3a@gmail.com

NEWSLETTER EMAIL:

gvu3anewsletter@gmail.com

ACKNOWLEDGEMENT

We sincerely thank the office of Wendy Lovell for the printing of this newsletter.



MESSAGE FROM THE PRESIDENT

Allan Wilson

Hello to all Members

The flashes of yellow wattle in the parks and blossom in the orchards announce the coming spring, while the continuing showers herald a better harvest for farmers. We can look forward to enjoying the warmth and sunshine outdoors. I trust that this also brings some spring into your lives.

The first of our spring offering at U3A is our trivia night on Friday August 30. Yes I know it's still winter then! If you haven't already booked for a good night out, give Gail Jelliff a call on 5821 1315. It's a fun night whether you know the answers or not.

We follow with a special forum for Senior's week on Oct 16 on 'Ageing Gracefully'. Our headline speaker is Assoc Prof Christine Bryant from Melbourne University. Christina specialises in research on the wellbeing of older people, so we are keen to hear what she has to say. Her aim is to 'add life to years, not just years to life'. She will be supported by a number of other "ageing" speakers (see detail in the attached poster) and The Sing Australia Choir. The cost is only \$10 for the day, lunch included. The event is open to all seniors so it will be advertised in the press. You might like to enrol a friend.

We are grateful for support from Fairley's IGA community fund for this event and delighted to give them some recognition. Our publicity officer, Liz Lee, and I were present to receive the cheque for \$1400 at their recent presentation to community organisations at the RSL recently. We also welcomed an additional cheque of \$610 arising from points awarded to our members who give their shopper points to us when they buy their groceries at IGA. We thank IGA sincerely for their generous support and thank U3A members for allocating their IGA points to U3A.

Our back garden at U3A has had a makeover, courtesy of Jan Vibert and Ray Watt. You will notice the roses when they flower in November. Our special thanks to Ray and Jan.

Allan

GUEST SPEAKER

The social morning in August, included an address by Congolese refugee **Gideon Nyangela**, who spoke about his journey from the Congo to living in Shepparton. Gideon was a Primary school teacher in French speaking Congo for over 20 years before fleeing with his wife and young children from war to refugee camps in neighbouring countries. After many years there they were selected by the UNHCR officials to come to Australia. They were very scared of flying but were shepherded through Dubai and on to Melbourne. Gideon did not know about their Shepparton destination until arrival, but now lives here happily with his wife and 4 of their children. Gideon said “*The biggest problem is language.*” He himself speaks 10 languages from the countries surrounding the Congo. But English is the difficult one for all new arrivals, especially for those who have never been to school before. They present a special challenge to TAFE and other people teaching them the language skills that they need to survive here. Gideon is pictured here with Allan, holding one of the Social morning special pieces of pumpkin donated by Ray Watt.



John Sciacca, the McGuire Campus Principal for the new Shepparton High School will be our guest speaker at our Social morning on the first Tuesday of September starting 10am. This is an information session for our members. There will be an opportunity to ask questions, but note that it is not a debate. Come and enjoy a delicious morning tea and catch up with other members of U3A.

SOCRATES CAFÉ

Greg Barnes will lead/initiate a discussion at the next Socrates Café asking “Where does your self worth come from?”

Socrates Café is a philosophical discussion where the asking the question to the correct question is as equally important as arriving at what might be considered an appropriate answer. Consideration of Greg’s question starts at 10am on Monday, August 26 - come along, join us for a conversation that might help you understand yourself just as much of the thought processes of others.

Socrates Café operates on a Chatham House rules basis, in other words, what is said at Socrates Café stays at Socrates Café

Questions about the program should be directed to the course leader, Robert McLean at either email: r.mclean7@icloud.com or mobile: 0400 502 199.

HISTORICAL STUDIES

MONDAY SEPTEMBER 9, 10am U3A Hall

Greg Barnes will continue his maritime history by discussing the explorers Abel Tasman, William Dampier and James Cook. Greg will also give a history of maritime vessels and discuss the calculations of the Transit of Venus.

John Dainton ph. 58213881 or mob.0417 549 502

NATURAL RESOURCES & REGIONAL DEVELOPMENT

FRIDAY SEPTEMBER 6, 10am U3A Hall

GUEST SPEAKER; Ann Telford, General Manager Customer & Stakeholders, Goulburn Murray Water

SUBJECT; GMW is changing the way it engages with customers. Ann will talk about what's involved in producing a Water Corporation price submission, how GMW has consulted with customers and what's been the effect that this has had on its draft price submission.

FRIDAY SEPTEMBER 13, 10am U3A Hall

GUEST SPEAKER; Carrie Donaldson, Sense of Place Consulting

SUBJECT; Tourism in the Goulburn Valley

FRIDAY OCTOBER 11

KANYAPALLA BASIN / LOWER GOULBURN DAY TRIP

Departs Ford's Bus Depot Telford Drive Shepparton 9am returns approx. 5pm

Morning tea Koyuga Hall

Pizza lunch and wine tasting at Cape Horn Winery included in the cost

Afternoon tea Nathalia and will finish the day at Loch Garry

Cost \$50

John Dainton ph. 5821 3881 or mob 0417 549 502

UKULELE CLASSES

John Canty is doing a great job and the classes seem to be going very well. He will keep the current "format" if we all are happy with this and he believes that he can handle only 4 or 5 more students from Session 7 to Session 12.

N.B. On Monday 09/09/19 at 12.15 pm the class will be **only for five (5) new members i.e.** Enid, 2x Janice G friends and 2 others.

Cheryl is keen for more practice classes and so will ask if anyone is interested at the next session. We will be able to use the computer and data projector for these classes.

So the plan is:

Session 4 - 19/08/19 and **Session 5 - 26/08/19:** to have learnt chords C, F, G, G7, C7, D, Dm, D7, A, Am, Em and to have listened to and tried to play Blues for ukuleles, Jonny B Good, Aloha Oe

Session 6- 2/09/19: General review

Session 7- 9/09/19: Class only for new (5) members, Enid, 2x Janice G friends and 2 others.

Session 8- 16/09/19: Resume classes with the whole group.

Session 9- 23/09/19

Session 10- 30/09/19

Session 11- 7/10/19

Session 12- 14/10/19 (Review)

Contact: Greg Barnes

INDUSTRY TOURS

The next visit will be to “Trevaskis Engineering” in Tatura on Thursday 12th September at 10.30 am. The company is celebrating 60 years of Engineering and Design, Laser Cutting, Sheet Metal Processing, Welding and Fabrication. General Manager Michael Mason will be happy to show us how it is all done.

Please add your name to the list in the foyer. And wear closed shoes on the day. (There is no need for closed shoes when you add your name, but you can wear them if you like!). A bus will depart from Ford’s Telford Drive Depot at 10.00 am sharp and will return at approx 12.30 pm. \$15.00 pp. Pay on the day. Exact cash would be appreciated. This our first foray into “Industry” for a while. We have been visiting “Service” establishments recently. It promises to be a very interesting visit.

John Hetherington.

mrjfh@me.com

0419 319 339

MONDAY LUNCH GROUP

The group will meet at The RSL on Monday 2nd September followed by The Peppermill Hotel on 9th September. Then on the 16th September we will meet at La Porchetta followed by The Vic Hotel on the 23rd and finally on the 30th we will be at Bill and Beats in Mooroopna. If you need a ride for the 30th please be at the U3A carpark at 20 to 12 and we’ll give you a ride to Mooroopna. All members are invited to join the group.

Please ring Gail on 5821 1315 if you would like any information.

BIRD WATCHING

Our September 18 outing will be at Rushworth State Forest and Doctors Swamp. This is an all day event so bring your lunch and chair etc. We will be entering the forest from Murchison.

Please meet at the U3A hall for a 9am departure, further information contact Don Roberts 5825 2404 M 0448 889 224 or Marg Clarke 0429350875.

The July outing was at Cussen Park Tatura where we observed 31 species some of which were; Blue-faced Honeyeater, Musk Lorikeet, Little Grassbird, Little Lorikeet, Australasian Grebe, Grey Shrike-Thrush, Pied Currawong, Grey and Chestnut Teal, Dusky Moorhen and Pacific Black Duck.

SCIENCE MATTERS

Monday Sept 16 at 1.30: John Bush: How Good are Volcanoes?

Are volcanoes important, or are they just pimples on the Earth’s crust? Find out where to find them and what they do.

Please note that Nigel's Chemistry in the Marketplace, normally scheduled for Monday Sept 2 will not be presented this month.

Contact: Allan Wilson 5822 1474

NORTH EAST REGION MEETING

On the 17th of September there will be the North East Regional meeting held in Seymour. This meeting can have representatives of 17 U3As from the NE area attending. There will be guest speakers, each U3A will tell of their problems and achievements and U3A network will tell us about the way they see the future for U3As. If you wish to come let me know by the 3rd of September.

Greg Barnes (mob. 0438 569 611) email: dngbarnes@hotmail.com

WRITING4PLEASURE

At our July meeting, members were entertained by guest speaker John Kriesfeld, editor of the Tatura Bulletin. As well as talking about his writing experiences, he brought along a couple of his books and a collection of his short stories. Everyone enjoyed listening to John. Members also read out an interesting and varied collection of stories they had written.

We meet at **1 to 3.30 pm** on the **Third Thursday** of each month,

Venue - Shepparton Library meeting room.

A small donation of \$2.00 per meeting will continue and go towards the cost of printing our end of year book. Each month a different member of our group, provides **two topics** for us to write approximately **500** words.

Topics for SEPTEMBER - TURN THE PAGE

- LOOKING BACK

Word for SEPTEMBER - PHAZED / FAZED

QUOTE for the month: - *"I went for years not finishing anything, because of course when you finish something, you can be judged."* – ERICA JONG

CONTACT: Lyn Austin. Phone - 0468 312 602

WALK AND TALK

On Wednesday September 11, we will walk the Springtime Wildflower Walk in the Killawarra Forest in the Western part of the Ovens Warby National Park.

Please meet at the U3A Car park at 8.45 for a 9am start in shared transport. Bring your morning tea and lunch and drinks. Wear suitable footwear and clothing for the weather conditions and bring water to carry. A hiking stick may be of some use if there are some damp places. New members will be very welcome. This is not a difficult walk.

Our August walk included walking up Balmattum Hill just out of Euroa on a cool day. Thanks to Marg Clarke for organising this pleasant day out for us. Below are Marg's photos of those who managed to reach the top and the view they enjoyed looking back over Euroa and the hills.

Christine Wilson 5822 1474 0428 399 648



COMPUTERS

Monday Computer classes will be in recess from Monday 19th August until early November. I will be in contact with class members on return to let them know when classes are to recommence.

David Muir 0414 881 369

ANNUAL BUS TRIP 2020

The trip sub-committee (Ray Watt, 0439 716 420, Carole Trotter 0407 231 348, Bryan Gannon 03 5822 2113) have decided that the next trip will be between Monday 16th March and Sunday 21st March. This allows for a 5 or 6 day trip that avoids school holidays which commence on March 28th.

Suggestions for the destination and length of the trip are now required and can be listed on a form in the hall entry. Alternatively speak to Ray or call one of the committee.

UPCOMING EVENTS

Friday August 30	Trivia Night
Tuesday October 1	Visitors Social Morning
Wednesday October 16	Ageing Gracefully forum
Tuesday November 5	Cup Day Event and lunch
Tuesday December 3	Christmas dinner at our hall

Live Life, Live Well:

The Art and Practice of Growing Old Gracefully

Wednesday October 16 (10am-3pm)

A Senior's week event at the U3A Hall – open to non-Members

For full program and booking details see separate poster

BANK ACCOUNT DETAILS

If you want to pay your membership fees or trip fees through the internet please use the account numbers below and use your name as the reference.

General account: BSB 633 000 Account number 127742898

Trip account: BSB 633 000 Account Number 129896049